

CENTRAL SHENANDOAH HEALTH DISTRICT

Weekly COVID-19 Update

March 8, 2021



WHAT'S NEW THIS WEEK

COVID-19 Vaccine Information

New CSHD COVID19 Vaccine Appointment Process: Central Shenandoah Health District transitioned our COVID-19 vaccine clinic appointment process from invitation-only to a combination of invitation-only and posting appointment slots on our website. CSHD will be posting available appointment slots for the next day's clinics at 12:00 pm on our website. These appointments are based on vaccine availability. CSHD will be continuing to use the Virginia Pre-Registration database to pull names of eligible persons and inviting them to our clinics first. If there are still appointment slots that need to be filled, then these appointments will be available on our [website](#).

Verify and Update Your Pre-Registration Record: VDH added increased functionality to the pre-registration system this week and Virginians can now change or edit their pre-registration information at vaccinate.virginia.gov. It is important that everyone checks that they are pre-registered and verifies all of the information in their profile. There is information that CSHD did not ask in our pre-registration surveys that needs to be added to your record in the statewide system.

Virginia Statewide COVID-19 Vaccine Pre-Registration System: All Virginians, regardless of phase phase eligibility, can pre-register for the COVID-19 vaccine at vaccinate.virginia.gov or by calling the **Virginia COVID-19 Vaccine Information Call Center 1-877-VAX-IN-VA (1-877-829-4682)**.

CSHD Vaccination Numbers: We are publishing our daily vaccination numbers on [Facebook](#) and on our [website](#). These numbers only reflect COVID-19 vaccinations performed by the Central Shenandoah Health District and are not a reflection of total COVID-19 vaccines given within the health district and are approximate as of date received. For total COVID-19 vaccine distribution numbers, please visit the [VDH COVID-19 Vaccine Dashboard](#).

VERIFY AND UPDATE YOUR PRE-REGISTRATION INFO NOW

[Vaccinate.Virginia.gov](https://vaccinate.virginia.gov)

Or call 1-877-VAX-IN-VA 7 days a week, 8 a.m. – 8 p.m. Available in English and Spanish. Additional language services in 100+ languages. TTY users dial 7-1-1.



- ✔ We have added questions to the pre-registration form.
- ✔ If your record is missing important information, your appointment may be delayed.
- ✔ Verifying and updating your record will not change your pre-registration date.



CDC interim Public Health Recommendations for Fully Vaccinated People

CDC issued their first set of public health recommendations for fully vaccinated people. For the purposes of this guidance, people are considered fully vaccinated for COVID-19 more than 2 weeks after they have received the second dose in a 2-dose series (Pfizer or Moderna), or more than 2 weeks after they have received a single-dose vaccine (Johnson and Johnson).

Fully vaccinated people can:

- Visit with other fully vaccinated people indoors without wearing masks or physical distancing

- Visit with unvaccinated people from a single household who are at low risk for severe COVID-19 disease indoors without wearing masks or physical distancing
- Refrain from quarantine and testing following a known exposure if asymptomatic

For now, fully vaccinated people should continue to:

- Take precautions in public like wearing a well-fitted mask and physical distancing
- Wear masks, practice physical distancing, and adhere to other prevention measures when visiting with unvaccinated people who are at [increased risk for severe COVID-19](#) disease or who have an unvaccinated household member who is at increased risk for severe COVID-19 disease
- Wear masks, maintain physical distance, and practice other prevention measures when visiting with unvaccinated people from multiple households
- Avoid medium- and large-sized in-person gatherings
- Get tested if experiencing [COVID-19 symptoms](#)
- Follow guidance issued by individual employers
- Follow CDC and health department travel requirements and recommendations

For more information, please click [here](#).

District COVID-19 Activity

Cases have been decreasing in our region (Northwest) for the last 51 days and cases are considered to be decreasing. Even though cases are decreasing, it does not mean that COVID-19 isn't in our community. It is still important to take preventative measures. You can explore individual locality metrics [here](#). To learn more about the VDH Pandemic Metrics, click [here](#).

PREVENTION REMINDERS

The COVID-19 vaccine is here, but we still need to focus on flattening the curve.

Watch your distance | Wash your hands | Wear a mask

- All people in Virginia should **stay home as much as possible** and **practice social distancing** to reduce the risk of being exposed to COVID-19.
- **Wear a face mask to protect yourself** from COVID-19.
- **Get your flu shot:** it is not too late to get your flu shot to protect you from the seasonal influenza.
- **Download [COVIDWISE](#),** Virginia's free exposure notification app.
- **Answer the call!** If a Case Investigator or Contact Tracer calls you, you should answer the call. Talking to the health department is an important step in slowing the spread of COVID-19.
- **Who is in your Social Bubble or Pod?** As COVID-19 continues to spread in our community, it is important to think about who is in your social bubble and who might be in their bubble. Check out this [VDH document](#) for more information.

**OUR PHONES
ARE IN THE COVID FIGHT**
SAVE LIVES, GET COVIDWISE.

COVIDWISE.ORG



COVID-19 HEALTH EDUCATION

CSHD Office Hours

Do you have questions about the COVID-19 vaccine and vaccination efforts in our district? Join us for our twice weekly office hours! Please share with your community.

Spanish language office hours:

- Every Monday from 6:00pm-6:45pm
- Every Wednesday from 6:00pm-6:45pm

English language office hours:

- Every Monday from 7:00pm-7:45pm
- Every Wednesday from 7:00pm-7:45pm

Dial **1-844-992-4726** and enter the access code **132 173 5589** when prompted. When asked for attendee ID, press #. To unmute yourself during the call press *6.



COVID-19 VACCINE OFFICE HOURS

Do you have questions about the COVID-19 vaccine? Join our health educators for weekly office hours! These are 45 minute Q&A sessions for the general public to ask questions about the COVID-19 vaccine.

WHEN (English): Mondays from 7:00pm-7:45pm AND Wednesdays at 7:00pm-7:45pm

WHEN (Spanish): Mondays from 6:00pm-6:45pm AND Wednesdays at 6:00pm-6:45pm

HOW: Join by phone

CALL IN AT: 1-844-992-4726

ACCESS ID: 132 173 5589

When asked for an attendee ID, press #

Dial the number above and enter the access code when prompted. Please mute upon entry and unmute when you have a question.

QUESTIONS? Email csdinfo@vdh.virginia.gov



HORAS DE OFICINA PARA EL TEMA DE LA VACUNA DEL COVID-19

¿Tiene preguntas sobre la vacuna del COVID-19? ¡Únase a nuestros educadores de salud en el horario de oficina semanal! Estas son sesiones de 45 minutos para preguntas y respuestas abierto al público en general para que hagan preguntas sobre la vacuna del COVID-19.

Cuando (Español): Lunes de 6:00pm a 6:45pm y los miércoles de 6:00pm a 6:45pm

Cuando (Inglés): Lunes de 7:00pm a 7:45pm y los miércoles de 7:00pm a 7:45pm

Como: Únase por teléfono

Llame a: 1-844-992-4726

Número de Acceso: 132 173 5589

Cuando se le solicite el número de asistente, presione #

Marque el número de teléfono de arriba e ingrese el código de acceso cuando se le solicite. Por favor silenciar al ingresar y quite el silencio del teléfono cuando tenga una pregunta.

¿Preguntas? Escriba al correo electrónico csdinfo@vdh.virginia.gov

COVID-19 DATA BREAKDOWN

As reported to VDH, by date of lab report. May differ from other sources, due to reporting lags. Negative numbers indicate data corrections, since March 2020. More data can be found [here](#). Note: The daily case count only reflects the cases reported 3/8/2021. For daily case counts throughout the week, please visit the VDH [website](#).

| | Daily case count* | New cases, 7-day avg | Total cases | Total hospitalizations | Total deaths |
|-------------------|-------------------|----------------------|---------------|------------------------|--------------|
| Augusta | 5 | 7 | 5,251 | 145 | 68 |
| Staunton City | 5 | 6 | 2,478 | 77 | 67 |
| Waynesboro City | 0 | 3 | 2,165 | 67 | 34 |
| Rockbridge | 1 | 5 | 1,316 | 41 | 42 |
| Lexington City | 2 | 2 | 1,127 | 20 | 28 |
| Buena Vista City | 0 | 1 | 847 | 20 | 19 |
| Rockingham | 3 | 11 | 6,126 | 329 | 98 |
| Harrisonburg City | 7 | 12 | 5,809 | 166 | 93 |
| Bath | 0 | 1 | 246 | 6 | 11 |
| Highland | 0 | 1 | 97 | 1 | 1 |
| Totals | 23 | 49 | 25,462 | 872 | 95 |

*As of 10:00am on 3/8

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Subscribe
here!

The PDF version of this newsletter can be found on our [website](#).

You can Unsubscribe to our emails by selecting "Unsubscribe" below.

FOR MORE INFORMATION ABOUT COVID-19, VISIT:

<https://www.vdh.virginia.gov/coronavirus/covid-19-in-virginia/>

